THE FIRE LINE

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THE FIRE LINE

Fond du Lac Fire/Rescue Monthly Newsletter

FOND DU LAC EST. 1848 FIRE / RESCUE

FROM THE BALCONY

A message from Chief Peter O'Leary

The Art Of Rule Making

Have you ever read a new policy, regulation, ordinance or law and think to yourself, "What exactly are they trying to accomplish?" I have found myself asking myself that question often lately and wonder why do some polices, regulations, ordinances and laws appear confusing at first glance.

The NFL is feeling the heat for a new rule aimed to further protect quarterbacks and after two weeks it appears officials are calling penalties that have many players confused. Last year Green Bay quarterback Aaron Rodgers suffered a fractured collarbone on a tackle which was deemed legal. New this year if a player is tackling the quarterback, they can't land on the QB with their full body weight. So what didn't the players, coaches and fans understand about this new rule or did the NFL create a rule which sets defensive players up for a personal foul each time they tackle the QB?

In Wisconsin fire safety advocates failed in trying to keep a rule which required fire sprinklers in new multifamily dwelling units with 12-24 units and less than 3-stories. The law which had been on the books was challenged by Wisconsin Home Builders Association and the Wisconsin Attorney General sided with them. The rule is no longer being enforced because it was not specific enough and the AG suggested policy makers address the issues raised. In the end a rule that was on the books since 2011 was no longer enforceable. What was the intended outcome of the rule in 2008, how many potential lives did the rule save (or will save with the apartment buildings which adhered to the rule)?

In our own agency we are governed by many sets of laws, ordinances, rules, policies and contracts. Each time our administration develops a new policy or tweaks an existing one, we have to be able and willing to communicate the purpose and desired outcome of the policy and provide any training necessary to carry out the policy or guideline. Before a new policy becomes effective, each of our members has a chance to review the policy, seek clarification, receive any necessary training and provide feedback to the author. This way fewer polices go into effect which could then be rescinded because an error was made when the policy was developed.

When we make rules or revise old ones we have to do so with the intended outcome in mind. In addition, we have to look for blind spots which may not be intended, but end up spoiling the outcome. Maybe the NFL's intended outcome (safety for the QB) was overshadowed by interpretation of the rule. We have to be willing to train our members so they are aware and informed of new policies, procedures, rules and regulations. Not doing so is an imposition to those we expect to follow out our rules.

Until Next Month,
Be Safe and Be Well

INSIDE THIS ISSUE:

UPCOMING TRAINING AND EVENTS

Nov. 2 - 1:00 Children's Museum Fire Station Exhibit Opens

Nov. 6 - General Election Go Vote!

2:00am on Sunday, November 4

Fond du Lac Fire Rescue Operations

By: Assistant Chief Erick Gerritson

Higher Education: Career Mastery Is a Matter of Choice - Part 2 of 2

*Over the last two months, I have dedicated my portion of the newsletter to the subject of professional development. **Michael McCabe** of Firehouse explains two valid sub-categories which are "Professional Development Influencers" and "The Pillars of Professional Development." Last month we explored the influencers and this month we conclude with the pillars.*

The direction our lives take is the result of the choices we make. Choices usually occur in the moment, yet their rewards and consequences continue throughout our lifetime. Our choices are influenced by our experience, education, culture, friends, enemies, attitude and aptitudes. Opening one's self to any possibility, at any given time and under any given circumstances will cause us to either choose based on gut feeling, past experience or qualified data. Before you do the next thing you do, consider the results: Will it help or will it hurt? Is it ethical? Is it legal?

Pillars of professional development

Those who seem to possess the innate skills to master a technical, political or administrative position usually work hard reinforcing the four pillars of personal professional development: 1) dynamic training, 2) academic education, 3) relevant experience and 4) continuing education. To attain mastery, they place extra effort on finding new learning opportunities, not only in their chosen vocation, but also additional areas of interest. These additional interests prepare the individual as a more skillful resource. Proficiency in a variety of areas also adds a cushion to help weather a career change. With this in mind, let's now review the four pillars of professional development in greater detail.

Dynamic training

This is "what" we do. It is rooted in the past, based on personal or vicarious experience. It is developed to fill a gap in our tasks. It is derived from our need to learn the basics and grow in the technical operations. In the beginning, most of what we learn is acquired through rote memorization and repeating skills to gain muscle memory.

Training also involves experimentation. Trying new things, such as a new preconnect load, identifies a gap in the operation, validates the operation as the best for the situation, and/or demonstrates personal competence.

Academic education

This is the "why" of what we do. It is about learning and how to learn for future mastery. It is derived from research, science and the need to apply informed, safe operations. Academic education refers to the full spectrum of classroom learning. Most of us have been repeatedly told that we will not succeed without a college degree. However, not everyone has the aptitude or interest in many of the courses required to earn a degree. Reality has created a shift in our perception of a well-trained workforce. Following a high school diploma with advanced technical certification will certainly provide a long and successful (and less expensive) career.

If you do choose college, then selecting your college major is a significant life decision, and adding humanities and science experiences make for a well-rounded, strategically aware individual. College graduates often move into different career fields from their chosen field of study. Through experience they find other occupations more to their liking, many of which do not require a college degree. A survey from CareerBuilder (2013) submits that 32 percent of college grads said that they had never worked in a field related to their majors.[1] Consult a college advisor before investing your time and resources.

Fond du Lac Fire Rescue Operations

By: Assistant Chief Erick Gerritson

Higher Education: Career Mastery Is a Matter of Choice *Part 2 of 2, Cont.*

Relevant experience
This is the application of what we know and what we can do to meet an existing or future condition. Diverse experiences affect how we will react to changing scenarios on the fireground or in the board room. They broaden our mental and physical capacities. In his book "Outliers," Malcolm Gladwell suggests the "10,000-Hour Rule," arguing that the key to achieving world-class expertise in any skill is, to a large extent, a matter of practicing the correct way, for a total of approximately 10,000 hours.[2] The importance of deliberate practice—painstaking exercises to perfect some skill—cannot be overstated.

To be clear, *what* we learn (basic firefighter skills) is the result of our hands-on experience. You learn a lot from figuring out friction loss at the pump panel with real water flowing. A professor writing equations on a blackboard simply may not reach everyone in the classroom. *Why* we do these things (fire dynamics, human relations, department budgeting, etc.) is derived from our education.

True professional development requires a constant search for opportunities to be mentored. We learn to avoid land mines and how to hone our skills through the success and failures of those who have gone before us. Joe Flacco, the great Super Bowl champion quarterback of the Baltimore Ravens, was once asked in a TV interview what made him successful. He responded, "I am not afraid to fail." We learn as much (if not more) from our failures than through the honors of our successes.

Continuing education
This is how we remain current in our profession. It is derived from the need to sharpen our learned skills into real-world peak performance. It imposes the need to improve mission response and personal growth. We add to our base knowledge by attending conferences, webinars, specialized hands-on training sessions, reading articles in trade journals, seeking out new certification courses, and testing our abilities. We may also seek higher levels of formal education. For instance, EFOP courses are now accepted by many university master's degree programs. New programs are being developed to help those yearning to master the soft skills required of technicians and managers alike.

Be all that you can be
Gary Keller and Jay Papasan (2012) tell us in their book "The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results" that "a healthy view of mastery means giving the best you have to become the best you can be at your most important work."

Exercise your power of choice intentionally, with wisdom and with an open mind. Our world is filled with possibilities if we only take the time to look around. The U.S. Army had it right when it encouraged each of us to "be all that we can be." But we must also be *the best* at what we can be. And to do that requires a lifelong commitment to active professional development.

Now, the choice is yours.
- Michael McCabe of Firehouse -

Until next month, Stay Safe!!

OPERATIONS BY THE NUMBERS

SEPTEMBER	THIS MONTH		YEAR–TO–DATE	
PREVENTION	LAST YEAR	THIS YEAR	LAST YEAR	THIS YEAR
Total Inspections	294	231	2338	2293
Total Defects	287	143	2812	1575
SUPPRESSION				
Alarms Involving Fire	7	10	89	109
Fire Mutual Aid Given	2	0	12	11
Fire Mutual Aid Received	0	0	0	0
Service/Good Intent Calls	44	56	342	430
False Alarms & False Calls	27	32	226	232
Other Calls	6	11	128	124
Total Fire Alarms & Calls	84	109	785	895
EMS				
Total Ambulance Calls	491	505	4366	4552
Total Fire & Ems Responses	575	614	5151	5447
Fire Property Loss	$4,501.00	$3,400.00	$134,646.00	$379,165.00
Fire Contents Loss	$1,001.00	$8,000.00	$105,861.00	$142,260.00
Engine Assisted EMS Calls	222	204	1996	1925

Deb Pinnow

Kevin Doll

Troy Haase

Andy Golla

Nick Fahrenkrug

Sunday, November 11th

Enjoy your Freedom, thank a Veteran.

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at fdlfire

like us on facebook

At City of Fond du Lac Fire/Rescue

The Code Summary

By: Todd Janquart
Assistant Chief of EMS

Seven Tools Result in Dramatic Improvements in Cardiac Arrest Outcomes in Rialto, California: Part 2

This is part 2 of a very interesting study conducted in Rialto California on new methodology of treating cardiac arrest victims. What they are doing is research based and makes good physiological sense. I do believe that we will start seeing some of these definitive changes in the way we treat cardiac arrest soon.

Heads-Up CPR

Performing heads-up CPR, with the patient's head and torso in a 30-degree elevated position, has been found to optimize perfusion in the shock state of cardiac arrest. It's a simple, yet effective way of decreasing ICP, increasing preload and enhancing post ROSC neurological function.

By elevating the head to a 30-degree angle, venous pressure is relieved and allows gravity to drain blood back to the heart. Decreasing ICP and increasing preload allows for more blood in and more blood out of the brain. From an ergonomic and effectiveness perspective, heads-up CPR can only be performed with an automated CPR device and should only be performed with an ITD in place to maximize the pressure variant and cerebral perfusion. Heads-up CPR has a synergistic effect when provided as a concomitant therapy to the ITD.

For heads-up CPR, the most recently implemented cardiac survivability tool, the goal is to initiate and maintain heads-up CPR from the time the ITD is placed until ROSC is achieved. In practice, once the automated CPR device is in place, crews move the patient onto the stretcher and then raise the head of the gurney to a 30-degree angle.

Although the RFD hasn't found a definitive indicator that heads-up CPR is providing increased circulation, the same improvement in $EtCO_2$ has been seen in those patients who subsequently achieve ROSC when heads-up CPR is initiated immediately after the placement of the ITD.

After heads-up CPR was added as a survivability tool, RFD crews found that many patients who eventually achieved ROSC were noted to gasp or provide patient-initiated ventilation attempts within a short period of time after heads-up CPR was initiated. The gasping response hasn't been historically documented and is an anecdotal corollary finding. It may not be caused by heads-up CPR; however, during heads-up CPR, gasps have been observed along with a discernable capnography waveform.

Delayed Defibrillation

One of the links in the chain of survival is early defibrillation. Matching national data, 24% of RFD patients have an initial presenting rhythm of v tach or v fib, the two classic shockable rhythms of cardiac arrest.

The RFD provides early defibrillation to patients in shockable rhythms whenever possible. Unfortunately, the arrival of responders may occur after the window in which defibrillation will result in ROSC has closed.

There are three clinical findings that suggest the patient is outside the window for early defibrillation such that defibrillation may not be successful: 1) prolonged patient downtime in cardiac arrest; 2) very fine v fib (barely distinguishable from asystole); and 3) an $EtCO_2$ reading of less than 20 mmHg.11 Patients with these clinical findings are acidotic and have hearts that are less receptive to electrical therapy. Before defibrillation, these patients require high-quality CPR to increase perfusion, correct hypoxia and resolve the acidosis.

The Code Summary

By: Todd Janquart

Assistant Chief of EMS

For patients who meet one or more of the three clinical findings for deferred defibrillation, the RFD goal for this survivability tool is to implement the four previous tools (continuous, uninterrupted compressions utilizing an automated CPR device; apneic oxygenation; use of an ITD and heads-up CPR) for a minimum of five minutes prior to delivering defibrillation.

Case review and field providers have been able to assess the effectiveness of this practice by a decrease in the number of defibrillated patients that convert into asystole and an increase in the number of defibrillated patients that ultimately achieve ROSC.

Expanded Use of Capnography

EtCO2 levels provide information that cells are alive and metabolically active. Waveform capnography can help verify the continued placement of an advanced airway, and it can help guide delayed defibrillation.

Waveform capnography can also be an indicator of a patient who may ultimately survive but may require additional time for resuscitation. The common practice of terminating resuscitation for an asystolic patient after two rounds of medications or 10-15 total minutes may be limiting survivability. The RFD uses $EtCO_2$ to help guide this decision.

The goal for this valuable tool, which is integrated into the X Series monitor/defibrillator used by the RFD, is to ensure that patients who show signs that resuscitation may result in ROSC continue to receive care unless clinical findings determine otherwise.

In practice, the RFD only terminates resuscitation efforts if the $EtCO_2$ is less than 15 mmHg and trending downward (after confirming that high-quality resuscitation is being performed with all of the previously noted cardiac survivability tools).

If a patient has an $EtCO_2$ that's greater than or equal to 15 mmHg and is trending upward, RFD crews remain on scene, providing all of the survivability tools for at least 30 minutes before transporting or terminating resuscitation.

Even providers who were initially highly skeptical of this requirement have seen positive results. The RFD rate of ROSC for the initial presenting rhythm of asystole, including unwitnessed arrests, is 26%. Of those patients, the average time from arrival of RFD crews until ROSC is 24 minutes. All of those patients had an initial $EtCO_2$ greater than or equal to 15 mmHg. Half of those patients survived to hospital discharge.

De-emphasizing Epinephrine

The type, dosage and priority of administration of medications in cardiac arrest has varied dramatically over time. Matching national standards, local EMS protocols that the RFD operates under require epinephrine administration as the first pharmacological intervention for all cardiac arrest victims.

Prioritizing the administration of epinephrine has led to other demonstrably more impactful interventions being delayed.[12] To address this, consistent with local protocol, the emphasis should be on high-quality uninterrupted CPR followed by appropriate interventions.

By sequencing the priority of interventions, it's likely that epinephrine, when administered, will be given when the patient is more receptive to its pharmacological impact: after the patient has adequate perfusion, resolution of underlying acidosis and with an adequate $EtCO_2$.

The RFD goal for this survivability tool is to emphasize the activities that are essential in the initial minutes of resuscitation and to subsequently defer epinephrine administration until priority treatments are realized. The RFD has seen an increase in survival-to-discharge as a result of this sequencing approach.

The Code Summary

By: Todd Janquart
Assistant Chief of EMS

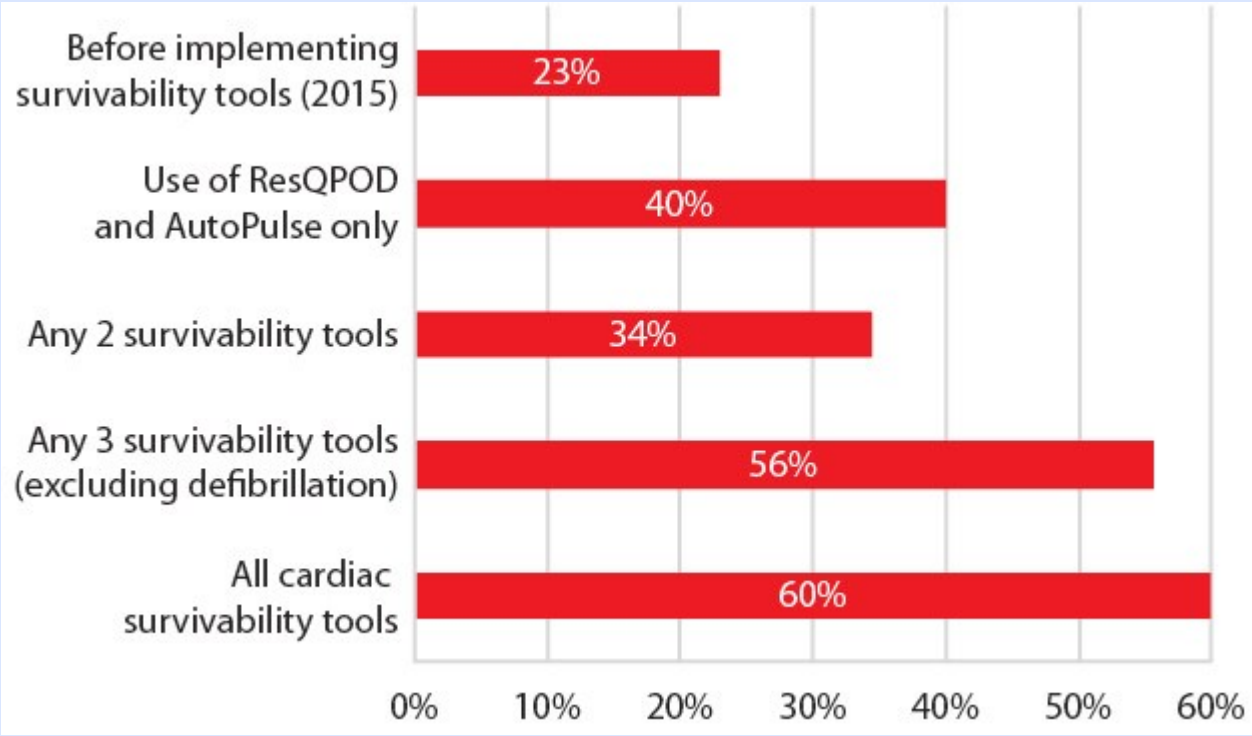
Holistic Approach

There's no magic ingredient to successful cardiac arrest resuscitation. Although case review has shown increased ROSC rates associated with application of all of the RFD Cardiac Survivability Tools, the significant increase in survival -to-discharge is due to the implementation of the whole system rather than a single element.

The RFD's system-based approach relies upon a strong quality improvement (QI) and training platform alongside one of the RFD's core values: teamwork.

The most impactful QI actions have come from the RFD establishing post-resuscitation feedback that alerts providers and department leadership to compliance with the RFD Cardiac Survivability Tools. This allows for focused assessment of each incident and aids in establishing training needs so that small course adjustments can be made on a regular basis.

Figure 1: Percentage of patients where ROSC was achieved



Conclusion

So, let's be clear, what we have been taught isn't working! We have to stop doing what we have always done. We need to ask, in no uncertain terms, does every single thing I do in the cardiac arrest setting improve neurologically intact survival. If not, why do we do it? The RFD is hopeful that you've unlearned some of the things you were previously taught and are motivated to evaluate this new paradigm and how it could increase cardiac survivability in your community.

Article by Morgan Anderson, MPH in April 26th 2018 edition of JEMS

A good plan violently executed now is better than a perfect plan executed next week.
George S. Patton

Fire Prevention Week

Open House ~ Youth Leadership ~ WBAY News Report

Team effort was once again the name of the game for this year's Fire Prevention Week, October 7 - 13. Many individuals and entities were involved in the process of planning, organizing, coordinating, and setting up for this important event. Below are some of the pictures that were captured from the Open House, Youth Leadership Fond du Lac activities, and the WBAY fire safety newscast.

Fire Prevention Week Open House

A special thanks to our public safety partners who staffed tables which helped educate those in attendance.

Area high school students involved in Youth Leadership of Fond du Lac were given a unique opportunity to literally walk in our boots.

Division Chief Troy Haase speaks with Kristyn Allen from WBAY regarding Fire Prevention Week. The theme for this year is "Look. Listen. Learn. Be aware. Fire can happen anywhere." Firefighters in the United States respond to an average of 358,000 home fires a year.

Fire Prevention Week Proclamation

City Council President Karyn Merkel read a proclamation at the City Council Meeting on September 27th ahead of Fire Prevention Week—October 7-13, 2018. Fond du Lac Fire & Rescue is grateful for the support received from the community to help keep YOU safe from fire.

FOND DU LAC
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1848
FIRE / RESCUE

Thanksgiving is the leading day of the year for home fires involving cooking equipment.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.

Have activities that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.

Well trained people are the best defense against fire.

By: James Knowles III
Assistant Chief Training/Safety

Tactical Approaches for Chimney Fires

In late fall, when the leaves turn, a brisk chill in the air appears and that burned dust smell from freshly fired furnaces comes a rise in chimney fires. Better start training now before your first chimney fire strikes.

CHIMNEY FIRE SIZE-UP

Chimney fires can burn explosively and are generally noisy and dramatic enough to be detected by neighbors or passersby. Victims of them compare the sound of the fire to a low rumbling noise like a freight train or low-flying airplane.

Flames have been known to shoot from the top of the chimney accompanied by dense smoke. The first indication of a chimney fire is usually the noise — a roaring sound that grows louder as the fire intensifies, reaching temperatures of up to 2,000 F.

The volume of fire, smoke and heat from this type of fire can push hot gases out of existing cracks in the chimney mortar or cause internal connectors to fail. When viewed from the exterior, large smoke volume and sparks and fire can extend several feet above the chimney.

CREOSOTE BUILD-UP MAKES CHIMNEY FIRE POSSIBLE

However, not all chimney fires are visible from the exterior. Some are slow-burning fires, lacking the levels of air or fuel found in the large, eye-catching visible fires.

But even these have high temperatures that can cause as much damage to the chimney structure and nearby combustible parts of the house as the more dynamic fires. In basic terms, fireplaces and wood stoves are designed to allow for fires in a safe controlled fashion with the chimney providing expulsion for the by-products of combustion.

These substances exit the fireplace and wood stove, and gradually rise up into the relatively cooler chimney, where condensation occurs. But as the products cool, they can coalesce into a sticky substance, creosote, which adheres to the inner lining of the chimney walls.

Creosote is black or brown in appearance with a crusty or flaky consistency. It can be tarry, drippy and sticky or shiny and hardened. Often, all forms will occur in one chimney system.

Regardless of the physical presentation of the creosote, it is highly combustible. If the build-up of the volume of creosote is sufficient, it is possible to start a chimney fire. Although any amount of creosote can burn, professional chimney sweeps are concerned when creosote builds up in sufficient quantities to sustain a long, hot, destructive chimney fire.

All chimneys are essentially manufactured in a similar fashion. The by-products of the fire exit upward by convection through the chimney flue. This is generally known as the fire's draft.

There are several factors that can lead to a creosote build-up which residents in your communities should be aware of, including not maintaining a proper temperature inside the flue, burning wood that is not dried thoroughly and failure to clean the chimney on a regular basis.

The size of the fire, the construction style of the fireplace and chimney and its age will add to the possible extension of the fire.

CHIMNEY FIRE TACTICS FOR FIREFIGHTERS

As with any fire, life safety should be the primary concern. Luckily, the majority of chimney fires allow for occupants to exit under their own power. This vastly reduces the impact for completing an all clear on a primary. Ensure the occupancy is fully evacuated. And because all fires are unpredictable, firefighters must wear full PPE, including SCBA.

Chimney fires should be dispatched as a full-structural response until the size, location and access impacts are assessed. Perform a good size-up to ensure the exact location and size of the seat of the fire is confirmed.

You will not always have fire visible from the flue on arrival. Only cancel other responding apparatus when you have made a good evaluation of the chimney and surrounding areas.

Well trained people are the best defense against fire.

By: James Knowles III
Assistant Chief Training/Safety

Tactical Approaches for Chimney Fires, Cont.

Stretch a preconnect line to the front of the structure in case the fire is larger than initially anticipated. Establish command, track your personnel and set up a safety officer when able to do so. Strategy goals for a chimney fire -

- Extinguishing the fire
- Limiting fire extension
- Ventilation as needed
- Overhaul to prevent rekindle
- Salvage

Check the carbon monoxide readings in the house with a CO detector. And remember as the fire burns, it can cause failure of internal support construction features allowing for extension from the flue into walls, ceilings, attics and other hidden construction elements.

As soon as the determination for CO is done, send a recon team directly to the attic and make sure that the fire has not extended into this space or the cockloft. Inspect the firebox itself and as much of the chimney in the inside of the home as possible. Thermal imaging cameras are significantly helpful during this time.

If the fire is contained within the flue system, move on to chimney fire-specific extinguishment methods.

- Use the proper ladders when it is required to access the roof.
- Access the chimney area and remove the chimney cap, bird screens or spark arrestors.
- Visually inspect the chimney with a mirror to determine the extent of the fire.
- Be cognizant of the dead load you are adding to a roof structure, especially if there has been a significant amount of snow loading the roof support recently.

Chimney fires rarely occur when the weather is good, so watch your footing in snow or freezing-rain conditions.

CHIMNEY FIRE EXTINGUISHING METHODS

There are a few different methods of extinguishing a chimney fire, though all require an ABC dry chemical extinguishment agent. Regardless of the manner of extinguishment used, you will greatly increase your ability to operate near it if the fire in the fire box is extinguished.

Unload the wood from the firebox, place it in a metal salvage bucket, and unload outside the residence. Continue to do this until all of the wood and hot ashes have been emptied from the firebox. Unload the bucket outside of the residence, and wet down with a hose, pressurized water can or pre-staged attack line.

Make sure the wood and hot ashes are no longer burning — you don't want the wood or house to catch on fire after you leave. Once the fire has been put out in the firebox (generally with a pressurized water extinguisher), close the draft to reduce the amount of air feeding the fire in the flue.

As for chimney fire extinguishment methods, here are three.

1. *Bomb from the top*
2. *Attack from the bottom*
3. *Blow it out*

Well trained people are the best defense against fire.

By: James Knowles III
Assistant Chief Training/Safety

Tactical Approaches for Chimney Fires, Cont.

1. Bomb from the top
Use a dry chemical powder in sealable plastic bags. This can be dropped from the top of the chimney through the flue top you have already opened. Based on the size of the flue fire, you can drop a few bags through it. As the bags drop, their weight will carry them down toward the draft stop.

The bags will then melt, releasing their dry powder into the flue. Once the powder is released, it is light enough to be carried upward and successful extinguishment should occur.

2. Attack from the bottom
This method requires the brief opening of the draft stop, which may temporarily accelerate the size of the fire. Coordinate the opening of the draft stop with the insertion of the nozzle of a dry chemical extinguisher past the draft stop and discharge into the flue in an upward direction.

The heat of the fire will carry the extinguishment agent upward to assist with putting the fire out. This method has been known to cause a bit of a mess inside the house from collateral extinguishment powder travel, so consider placing salvage tarps down before you begin. In addition, a two-story structure may require both methods due to the length of the flue.

3. Blow it out
The method is my favorite. It requires some prep ahead of the call, but it is well worth the work. Cut a piece of plywood about 4 x 4 feet and mount two handles on the same side about a foot in from two parallel sides in the middle.

This method requires a positive-pressure fan to work well. Prior to using the PPV, ensure your team has located the seat of the fire and is not concerned about fire outside the flue or firebox. Ensure all other openings in the structure have been closed with the exception of the opening the PPV will be using.

Place the plywood in front of the firebox and coordinate the start of the PPV fan. Once the PPV fan has been started, slide the plywood to allow for a small opening (about 1 foot wide) on one side or the other.
Discharge the extinguisher into the opening and let the PPV fan push the extinguishment agent into the flue area.

Keep the plywood open for about a minute, close the draft, stop and reassess the fire with a thermal camera. In all cases, confirm the fire has been extinguished by visual, infra-red or thermal camera methods.

Some departments use a chimney chain that is dropped from the top of the flue. This device is used to knock creosote from the walls of the flue onto the bottom of the firebox. It requires personnel to work from the roof and increases the risk associated with the completion of the scenario.

Consider working from a platform to increase your safety profile if you must perform this maneuver. Our department does not carry this piece of equipment and instead confirms extinguishment of the fire and lack of fire extension, and then advises the homeowners to have a chimney cleaning company respond to clean out their fireplace/flue and have it inspected before setting another fire in their fire place.

CUSTOMER SERVICE AND CLEANUP

Handlines should be used only as a last resort as they can permanently damage existing masonry or metal flue liners. Maximize your customer service skills by taking using floor runners and fire-retardant salvage covers near the fireplace during salvage and overhaul. Careful cleanup can earn your department valuable praise from the homeowners

Many fire departments run chimney fires on a regular basis when the weather turns cold. Chimney fires are generally simple to manage if you take the right actions. Be familiar with how your department prefers to have a chimney fire extinguished. And if you have a different method of extinguishing chimney fires, I would love to hear of them.

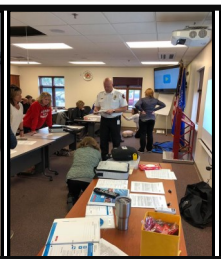
News from the Station

Promotion Pinning Ceremony - October 3, 2018

Congratulations to Lt. Andrew Golla who was officially sworn in as Lieutenant by Fond du Lac City Clerk Maggie Hefter.

FDLFR management was proud to be invited by Local 400 to participate in the Professional Firefighters of Wisconsin Labor/Management day in Madison. Pictured from left to right: Steve Pieper, Andy Aird, Chief Peter O'Leary, AC Erick Gerritson, Rick Faris, Jason Roberts, Mike Spencer.

Join us on November 2nd as we celebrate the ribbon cutting of this brand new exhibit at the Children's Museum of Fond du Lac!!! It will be an awesome addition to the community! Thank you Professional Fire Fighters of WisconsinIAFF 5th District - City of Fond du Lac Fire/Rescue!



We welcomed Taylored Rehab from Fond du Lac into FDL Fire/Rescue for the American Heart Association CPR/AED Refresher Course instruction. CPR saves lives! What a great group of professionals.

FIRE PREVENTION ....

That's what it's all about!

By: Troy Haase
Division Chief of Fire Prevention

Why We Need Fire Department PIOs

Once upon a shift, there was a newly promoted captain. Hearing the tones for a bicycle accident, he moved to the rig, confident in himself and his crew.

On arrival, the scene moved like ballet — firefighters on the victim dislodging legs and arms from twisted tubing with medics patching an apparent wound to the head. The patient chose to firmly fasten her helmet to the rear of the bike's frame instead of to the prescribed area.

As the ambulance headed toward the hospital and firefighters cleaned the accident area, the newly promoted and somewhat proud captain drifted toward wandering civilians. From the crowd came the obvious retort, "What happened?"

The officer, flushed with relief, quickly replied in a commanding voice, "She's fine, just a bump on the head."

Next day, the phone rang in the duty office of the newly promoted and somewhat sleepy captain.
"Good morning, Station Two, Captain Smith speaking."
"Who the hell made you a neurosurgeon?"
"Hello, who is this?"
"This is Dr. Brooking your medical director and I just want to ask, what were you thinking?"
"What do you mean, Doctor?"
"Read the headline in today's paper. I assume you can read," the phone clicking silent.

Walking outside to the nearby newspaper box, he grabbed the top paper and unfolded it: "Fire Captain Sites Extensive Head Trauma to World Champion Mountain Biker."

Meet the PIO

It is the public information officer's job to protect firefighters and get one unified story to where it needs to be. While occasionally rewarding, it is an extremely stressful, sometime hazardous and at no time a celebrated occupation.

For their part, PIOs are critical first responders, educated in communications and experienced in the ways of media, beginning with the local outlets and ending with national press releases and incident action plan reviews.

They are comfortable in the world of emergency scenes, incident command and disaster protocol. They understand the public demand for information and how to balance it with departmental interests.

PIO Troy Haase and Kristyn Bates from WBAY Channel 2.

In the short-term, they can be counted on to corral the press, deflect questions away from working firefighters and act as a buffer for officers on scene.

On extended incidents, PIOs conduct press briefings at regular intervals and serve much like reporters themselves. The what, who, where, when, how and why of the scene are gathered and disseminated at the appropriate time and place by an operational PIO.

A PIO arriving on scene will be concerned with documenting the following:

1. Time and date of the incident.
2. Nature of the call.
3. Names and addresses of those involved, locations affected and related items.
4. Type and size of buildings or vehicles.
5. Number of alarms and resources used.
6. Actions taken.
7. Determined cause if available.
8. Information for immediate release.
9. Confirmed lives saved, causalities and injuries to civilians and firefighters and the status of pets.
10. Damage estimates, persons displaced and property saved.
11. Next briefing time for media.

FIRE PREVENTION ....

That's what it's all about!

By: Troy Haase
Division Chief of Fire Prevention

Why We Need Fire Department PIOs, cont.

Media Event

While many departments realize the value of PIOs, much of what they do is lost on line firefighters. Journalism is very competitive, something firefighters may not expect during an incident. As firefighters, our instinct is to cooperate and be a team.

Sometimes we extend this cooperative approach to anyone on scene, including a reporter looking for a scoop. Letting our guard down for whatever reason makes us vulnerable.
Pressed for time and needing the story first, reporters may grab any sound bite or picture in order to make a headline and a deadline. A tired, frustrated and careless firefighter can make for tantalizing, but inaccurate copy.

Line officers, in the course of their duties, can be curt with media types, seeing them as a dangerous intrusion into their job. A poor attitude, however justified, can damage an already stressful situation.

Whether tired, impolite, impatient or angry, a firefighter can put their career, their department, and even their community in a bad light with one wrong sentence.

Visually, the public doesn't understand 20 firefighters standing around after a knockdown or one firefighter advancing toward the camera with an ax.

An effective PIO directs the media away from such misrepresentations by giving the press a substantive story and access to good pictures and informative interviews.

And like our fictional Capt. Smith learned, members of the media aren't always obvious. Gone are the days of fedoras with "press" credentials tucked in the band. In fact, gone are the days of defining media as someone who works for a media outlet. Anyone in the crowd with a phone, a social media account and drive to share is potential "media" — and that's pretty much everyone.

7 Ways to Help PIOs

The job of PIO isn't for everyone and candidates must be properly trained to be effective. Just because someone takes good pictures does not make them qualified to speak on behalf of the department.

Such an occupation requires classes in English, organization, culture and communication — communication and communication theory and strategy are the most important.

It takes training in courses specific to the challenges of the job. Outside these required training sessions, there are many videos, certified classes and even private companies geared toward instructing firefighters on the role of PIO in the fire service.

If you doubt the importance of such training, take the time to read NFPA 1035, Standard for Professional Qualification for Fire and Life Safety Educator, Public Information Officer and Juvenile Fire Setter Intervention Specialist, 2010 edition.

The job of PIO is designed to protect firefighters, the fire department they serve and the community at large by focusing on the facts and delivering correct information at the appropriate time, hence their inclusion in NFPA's 1000 series.

If a PIO is not immediately on scene, here are clear-cut actions a firefighter can take.
1, Direct all media inquiries to officers or designated press location if possible.
2. Never exaggerate or speculate.
3. Never assume anything you say or do is off the record.
4. Never give out names or details.
5. Never give an opinion or state your feelings.
6. "Under investigation" and "I do not know" are acceptable answers.
7. Be polite, but be careful.

Source: Jim Spell, Fire Chief, "Why We Need Fire Department PIOs", December 29, 2016, Web October 2, 2018.

FIRE PREVENTION ....

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Division Chief of Fire Prevention

Current Status of New Construction

- Combined Building Apartments at 104 S. Main Street - Building is complete.
- Faith Lutheran School Addition at 55 Prairie Road - Building is complete.
- The Brickhouse at 161 S. Main Street - Building is under construction.
- Mercury Marine at 600 West Pioneer Road - Building and guard shack are under construction.
- CD Smith Corporate Offices on Camelot Drive - Building is under construction.
- Beacon House at 166 S. Park Avenue - Building is under construction.
- Mid-States Aluminum at 132 Trowbridge Drive - Building is under construction.
- Fond du Lac High School at 801 Campus Drive - Building is under construction.
- The Church of Jesus Christ of Latter Day Saints at 347 Country Lane - Building is under construction.
- Fond du Lac Humane Society at 652 Triangle Road - Building is under construction.
- Menards at 1200 Rickmeyer Drive - Building is under construction.
- Fond du Lac Safety Training Center at 750 N. Rolling Meadows Drive- Building is under construction.
- Fairfield Inn at 935 S. Rolling Meadows Drive - Excavation is underway.
- River Hills Mixed Use Development on S. Main Street- Buildings 1 & 2 & 3 & 4 are complete 5 & 6 are under construction.

PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

6 Exercises to Target the Gluteus Medius

The gluteus maximus gets a lot of attention, not only because it's a prime mover for exercises like squatting, hip hinging and running, but because of its derrier-shaping effects. There is, however, another often-overlooked gluteal muscle deserving of your attention.

The gluteus medius is responsible for abduction, internal and external rotation of the hip, and stabilization of the hip and pelvis during weight-bearing activities. To locate the gluteus medius, stand with your hands over the sides of your hips, below your iliac crest. Stabilize on one leg and abduct the other. You should feel the muscle directly under the hand of your abducting leg contract. This is your gluteus medius. (*Note:* The gluteus medius of your standing leg is also working to stabilize your hip and pelvis).

For many, this important hip muscle is underactive and weak, which can alter hip, knee and lower-back function, and is associated with low-back pain. Activate and strengthen this powerful lower-body muscle by including the following six exercises in your exercise program.

Side-lying Hip Abduction

Lie on one side with the bottom leg bent to 45 degrees and the top leg straight. Stack the hips and shoulders directly on top of one another. There is a strong tendency to roll the hips forward or back here. Setting up with a wall directly behind the client can be a helpful positioning cue. Engage the gluteus medius to lift the upper leg toward the ceiling; squeeze and hold the top position and then slowly lower the leg. This is not a big movement and is easily overdone, which shifts the work away from gluteus medius to other surrounding musculature. Avoid any crunching with the trunk and lift the leg just high enough to feel the gluteus medius engage. For an additional challenge, add an isometric hold at the top.

Clamshell

The setup is similar to the first exercise, but the upper and lower legs are both bent (imagine being in a sit-up position and rolling over to one side). Activate the gluteus medius to lift the top leg open, as if opening a clamshell. Add a Versa Loop band for a greater challenge.

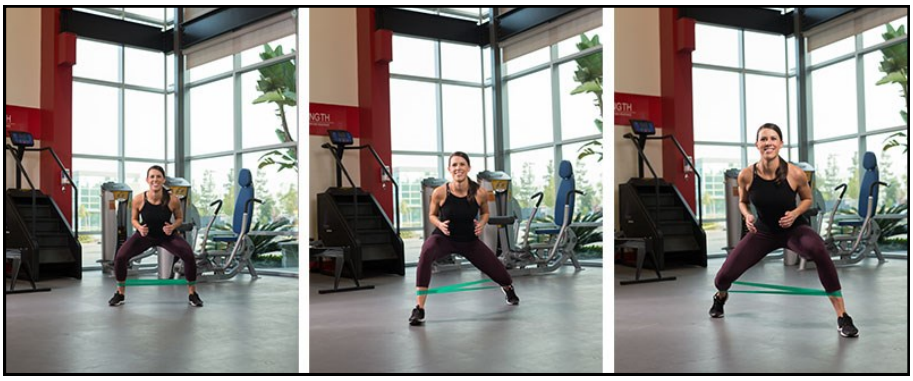
Isometric Single-leg Wall Lean

Standing parallel to a wall, flex the hip closest to the wall to 90 degrees, with the knee bent. Press the foot of the stance leg into the floor while driving the bent leg into the wall. The gluteus medius of the standing leg will fire to stabilize the pelvis.

PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

Gluteus Medius exercises, cont.

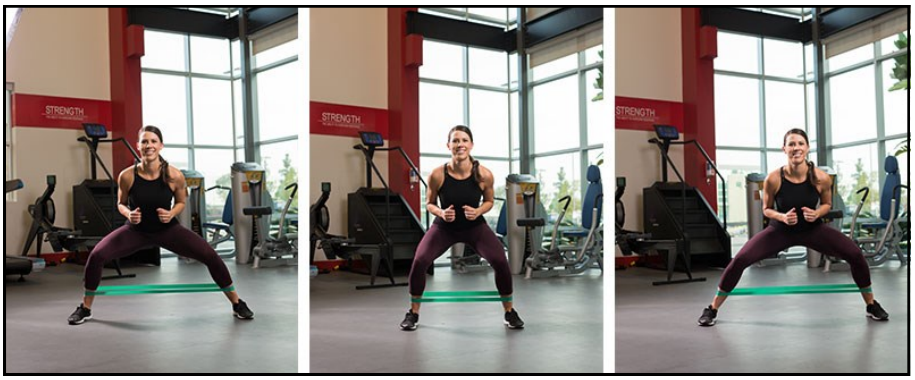


Monster Walks

Place a Versa Loop band around the ankles, shins, or immediately above or below the knees and assume a quarter-squat position. Maintain the squat and step diagonally forward as if walking, and then walk backward toward the starting position. Place the band lower on the legs or use a heavier band to increase the challenge.

Lateral Band Walks

Place a Versa Loop band around the ankles, shins or directly above or below the knees and assume a quarter-squat position. Maintain the squat position while stepping laterally, keeping tension on the band throughout.



Banded Triplanar Toe Taps

Place a Versa Loop band directly above the knees and shift into a single-leg, quarter-squat position. While balancing on the standing leg, tap the alternate leg forward, to the side and directly behind. The core and hip muscles will fire to maintain single-leg balance against the band's resistance in three different directions. This exercise works the gluteus medius of both the moving leg and the stabilizing leg, as they fire to maintain single-leg balance against the band's resistance in three different directions.

*** Article was written by Kelsey Graham an Asst. Prof. in the Exercise Science Dept. at San Diego Mesa College and Director of their Personal Training Certificate Program.*

10 Tips

Get Ahead of the Winter Freeze

It's not too early to begin preparing for the heating season. Check these 10 tips off your list and get ahead of the winter freeze.

- ❒ Our **furnace has been inspected and serviced** by a qualified professional during the last 12 months. *(A furnace should be serviced at least once a year.)*
- ❒ Our **chimneys and vents have been cleaned and inspected** by a qualified professional. I have checked for creosote built-up. *(Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)*
- ❒ Our wood for our fireplace or wood stove is **dry, seasoned wood**.
- ❒ Our **fireplace screen is metal or heat-tempered glass**, in good condition and secure in its position in front of the fireplace.
- ❒ We have a **covered metal container** ready to use to dispose cooled ashes. *(The ash container should be kept at least 10 feet from the home and any nearby buildings.)*
- ❒ Our children know to stay at least **3 feet away** from the fireplace, wood/pellet stove, oil stove or other space heaters.
- ❒ Our portable space heaters have an **automatic shut-off**.
- ❒ Our portable space heaters will be **plugged directly into an outlet** *(not an extension cord)* and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. *(Place notes throughout your home to remind you to turn off portable heaters when you leave a room or go to bed.)*
- ❒ We have **tested our smoke alarms** and made sure they are working. *(You need smoke alarms on every level of the home, inside each sleeping room and outside each separate sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)*
- ❒ We have **tested our carbon monoxide alarms** and made sure they are working. *(Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)*

Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

10 consejos

Anticípese a las heladas de invierno

Nunca es demasiado pronto para comenzar los preparativos de la temporada de calefacción.

Tache de la lista estos 10 consejos y anticípese a las heladas de invierno.

- ❒ Un profesional calificado realizó la inspección y el mantenimiento del horno en los últimos 12 meses. *(Se debe realizar un mantenimiento del horno al menos una vez al año.)*
- ❒ Un profesional calificado limpió y realizó una inspección de las chimeneas y los conductos. He revisado la acumulación de creosota. *(La causa principal de que los incendios de chimenea por acumulación de creosota ocurran se debe al hecho de no limpiar la chimenea. Este mantenimiento se debe realizar al menos una vez al año.)*
- ❒ En la chimenea o en la estufa utilizamos madera seca, estacionada.
- ❒ La pantalla para chimenea es de metal o de vidrio templado, se encuentra en buenas condiciones y está firmemente colocada frente a la chimenea.
- ❒ Tenemos un recipiente de metal cubierto listo para el uso para desechar las cenizas enfriadas. *(El recipiente para cenizas debe estar alejado, al menos 10 pies (3 metros), de su hogar y de edificios cercanos).*
- ❒ Nuestros hijos saben que deben mantenerse a una distancia de al menos 3 pies *(1 metro)* de la chimenea, de la estufa a pellet/leña, de la estufa de aceite o de otros calentadores de ambiente.
- ❒ Los calentadores de ambiente portátiles tienen un interruptor automático.
- ❒ Los calentadores de ambiente portátiles se enchufan directamente a un tomacorriente *(no a un prolongado)* y se colocan al menos a tres pies *(un metro)* de cualquier otro objeto inflamable; como ropa de cama, papel, paredes e incluso persona. *(Coloque notas por todo su hogar para recordarle apagar los calentadores portátiles cuando salga de una habitación o se vaya a dormir.)*
- ❒ Probamos los detectores de humo y se encuentran en funcionamiento. *(Necesita detectores de humo en cada piso de su hogar, dentro y fuera de cada dormitorio. Para una mejor protección, los detectores de humo deben estar interconectados para que todos se activen cuando suene uno.)*
- ❒ Probamos los detectores de monóxido de carbono y se encuentran en funcionamiento. *(Debe haber un detector de monóxido de carbono en cada piso de su hogar y fuera de cada dormitorio.)*

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